## LETTUCE WRAPS WITH CHICKEN By Kimberli Washington, ITC, Public Information Office



## <u>Ingredients</u>

- 1 head of iceberg lettuce, cored and cut in half
- 2 cooked boneless, skinless chicken breast, diced into cubes
  - 1 (5-ounce) can of water chestnuts, drained and minced
    - 2 tablespoons of oil
    - 2 green onions, chopped
      - 1 minced garlic clove
    - 1/2 bell pepper, diced (color of choice)
      - 2/3 cup of minced mushrooms
    - Soy sauce (try House of Tsang Ginger Soy Sauce.)
      - Hot Chinese mustard
      - Crispy wontons (optional garnish)

## **Directions**

- Bring oil to a medium-high heat in a wok or large frying pan.
- Add bell peppers, green onions, garlic, mushrooms and water chestnuts.
   Cook and stir occasionally for about 3 minutes.
- Add cooked chicken. Sauté for about 3 minutes and stir in 1 tablespoon of soy sauce.
- Divide lettuce into leaves and spoon ¼ cup of mixture into center of each leaf.
  - Repeat with remaining lettuce leaves, shrimp and chicken mixture.
    - Serve with soy sauce and spicy mustard.
    - Garnish with crispy wontons (optional) and enjoy!!!